

**Nova Scotia Masters**

**2014 Provincial Championships**

**Dartmouth Sportsplex, April 12, 2014**

The Dartmouth Whalers Masters Swim Club is excited to host the Nova Scotia Masters Provincial Championships. Here’s what you need to know:

**Hosted By:** Dartmouth Whalers Masters Swim Club

**Sanctioned by:** Swim Nova Scotia

**Meet Manager:** Marti Maguire

 meetregistrar@dwmsc.com

**Location:** Dartmouth Sportsplex,

 110 Wyse Road

 Dartmouth, NS

 (902) 464-2600

**Eligibility:** All Registered Masters Swimmers

**Meet Fees:** $40 - Cheque payable to DWMSC

 Includes: all swims, race packet, meet towel, and supper

**Event Limit:** There will be a **5-event limit per swimmer** (not including relays)

**Registration:** Friday, April 4, 2014 by 6pm. **Pre-registration is required** by email or regular mail. Post-dated cheques will be accepted by mail. Prepaid registrations are guaranteed a meet kit. **Note – Only the first 110 registrations will be accepted.**

**Warm-ups:** 3:30pm – 4:25pm with sprint lanes (1 & 8) in the final 15 minutes

**Meet Start:** 4:30pm

**Meet Rules:** SNC and MSC rules will govern the meet

**Scoring:** 50-30-25-23-22-21-20-19

**Awards:** Medals for individual events will be presented. Banner for the top overall team will be presented at the social following the competition

**MEET DAY INFO**

You can pick up your meet kit on Saturday, April 12, from 2 – 4:00 p.m. in the upstairs lobby of the Sportsplex (Located in past the “Spectators Entrance” off the main parking lot on the rear of the building) outside the Harbour Room.

Parking – due to other events at the Dartmouth Sportsplex on the day of the meet, parking may be limited. Additional parking is available across the street next to the office tower at 99 Wyse Rd.

The Dartmouth Sportsplex offers complete locker room services, a 25-metre-8-lane pool, a 25-metre cool down pool and ample spectator space. In addition to the pool, you will have the use of the hot tub, steam room and sauna.

The post-meet social will be in the Valardo Room (take the elevator to the top floor). Chili and desserts will be available, along with a cash bar. Directions will be posted in the building. Note that the room may change due to Sportsplex requirements: please check the location on the day of the meet.

Results will be posted at the meet, on deck and in the Valardo Room.

A group rate of $89.00/night will be available for swimmers requiring overnight accommodations at The Dartmouth Oceanview Hotel - 65 King Street, Dartmouth. Call the reservation line at 1-877-518-7666 and mention that you are participating in the Provincial Swim meet at the Dartmouth Sportsplex. For more information on the hotel, visit their website: <http://www.dartmouthoceanviewhotel.com>

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ORDER OF EVENTS

WOMEN EVENT MEN

1 200 Fly \* 2

3 200 Back\* 4

5 200 Breast\* 6

7 200 IM\* 8

9 50 Fly 10

11 100 Breast 12

13 400 Free\*\* 14

15 400 IM\*\* 16

17 100 Back 18

19 200 Free 20

21 100 Fly 22

23 50 Free 24

25 50 Breast 26

27 800 Free\*\*\* 28

29 1500 Free\*\*\* 30

31 100 IM 32

33 50 Back 34

35 100 Free 36

37 200 Mixed Free Relay

Notes: Please choose either:

\*200 Fly, 200 Back, 200 Breast, 200 IM / \*\*400 IM, 400 Free / \*\*\*1500 Free, 800 Free

800 and 1500 Freestyle will be swum together and will be limited to a maximum of 2 heats. Swimmers may be required to swim two per lane.

The mixed free relay is an exhibition event.

Events may only be swum as listed.